Toronto metro

WEEKEND, JUNE 2-4, 2017

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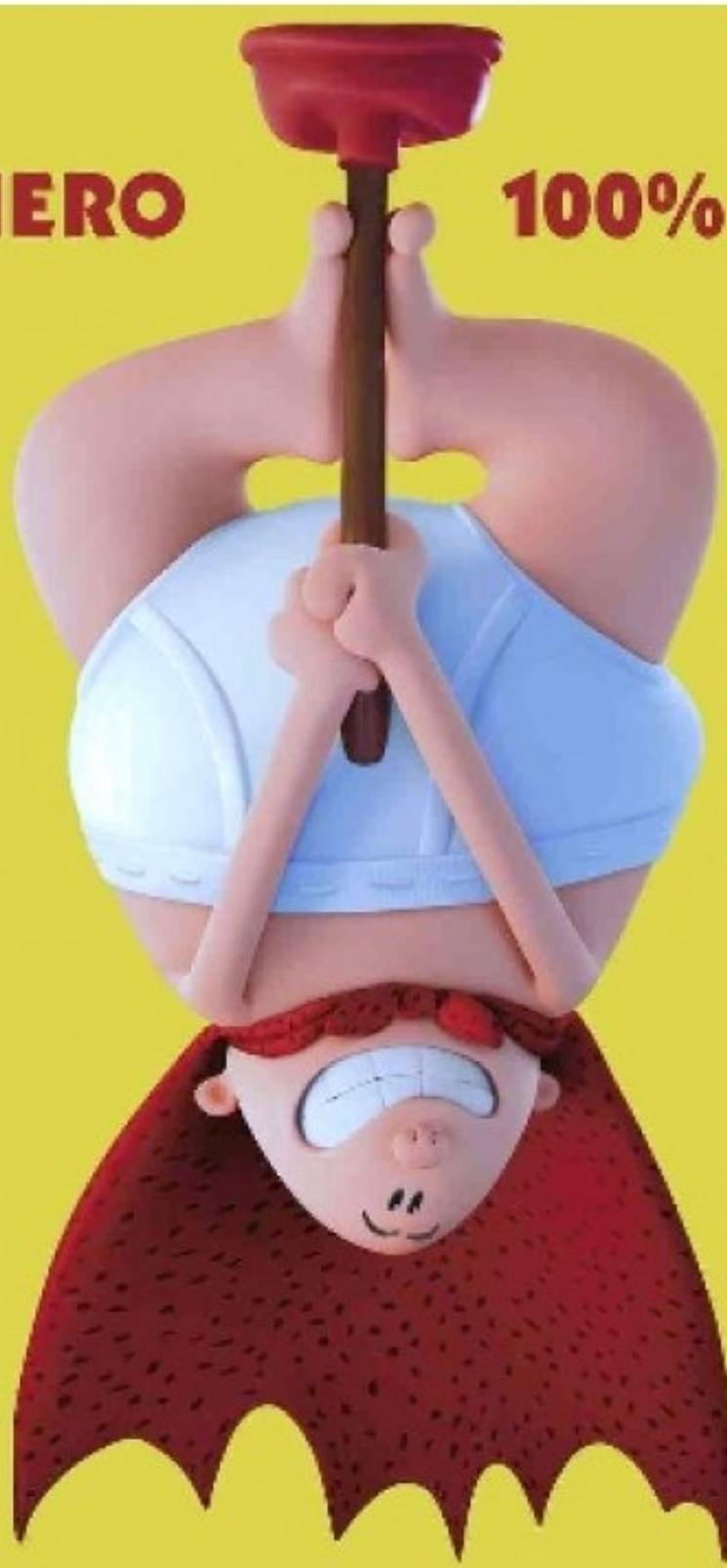

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Toronto metro

Your essential daily news ... END, JUNE 2-4, 2017 High 18°C/Low 9°C Mostly sunny

Nasma Ahmed, left, and Jessica Kirk are among students helping organize the first ever Black Graduation Celebration at the University of Toronto.
EDUARDO LIMA/METRO

THIS ONE'S FOR US

Black students from U of T are holding their own graduation — 'celebrating those who succeeded even when it seemed like the world was against them'

metroNEWS

HOW WHALES GOT SO BIG

metroSCIENCE

ACTIVISM!

SPEAK OUT THIS WEEKEND, TORONTO — HERE'S HOW

metroNEWS

WE'RE ALL WONDER WOMEN

metroLIFE

TTC lifts curbs on non-English ads

This ad in Arabic from the Canadian Journalists for Free Expression, depicting the Charter right to freedom of expression, has prompted the TTC to update its policies around non-English language advertising. CONTRIBUTED

CHARTER RIGHTS

Move follows review of ad written in Arabic

Sarah-Joyce Battersby
Metro | Toronto

The TTC is relaxing its guidelines on non-English ads after an Arabic ad was called in for further review.

The ad, created by the Canadian Journalists for Free Expression (CJFE), depicts section 2b of the Charter, enshrining the right to freedom of expression, written in Arabic. The group tweeted Wednesday that the ad had been "spiked." Kevin Metcalf, communications co-ordinator with the organization, told Metro the TTC asked for the ad to include at least 50 per cent English content.

TTC spokesman Brad Ross stressed the ad was not rejected, it was subjected to further review over concerns most transit riders wouldn't be able to read it. The transit agency has no formal language policy, but does have a set of practices, Ross said.

Though the TTC has allowed ads in other languages, there have been times the marketer was asked to add more English, he said. On Thursday he told Metro that will no longer be the case.

The CJFE is applauding the TTC's speedy decision on both their case and future instances. Though Metcalf said, "It should be a foregone conclusion that public ad space on transit is available to all."

The TTC ad review process doesn't judge the products or services, the creative approach or the potential audience, Ross said, but it does block ads that violate the human rights code, advocate hate, or denigrate public transit.

The CJFE campaign, launching June 12 in TTC vehicles, promotes democratic principles in the face of rising hate speech.

It's modelled after a similar one launched by the American Civil Liberties Union (ACLU), that includes a sign in New York's Times Square showing the First Amendment written in Arabic.

metroEXPLAINS

Dude, where's my streetcar?

7/40 (on schedule) Please welcome streetcar No. 4437, which is going through its tune-ups at Leslie Barns before it's released into the wild.

Story: David Hains
Graphic: Jason Logan

Every Sunday this summer the TTC will offer free rides on vintage Presidents' Conference Committee (PCC) streetcars, which first graced the city in 1938. There are only two remaining, and you can find them on the 509 Harbourfront route between noon and 5 p.m.

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metro NEWS

Your essential daily news

United States pulling out of historic Paris climate deal. **World**

Sculpting out a new home at Grange Park

Henry Moore's bronze sculpture Large Two Forms has defined the corner of McCaul and Dundas streets since it was first installed in October 1974. But this weekend it will make a short but difficult move to Grange Park, just south of the Art Gallery of Ontario.

DAVID HAINS METRO

Kids play on Henry Moore's sculpture Large Two Forms in 2016. The sculpture will be moved from Dundas Street and McCaul Street to Grange Park this weekend. TORSTAR NEWS SERVICE

1 'RETURN TO PROMINENCE'

A "return to prominence": The sculpture will be moved to the newly renovated Grange Park because it was determined the towers along Dundas now overshadow it. New artwork will be installed on the corner, but the AGO hasn't announced what it will be.

2 ONLY WEIGHS ABOUT 8 TONS

It's big: The bronze sculpture weighs eight tons and requires a crane and two trailers to move. The sculptures must carefully be placed onto pins in their new location.

3 HANDLE WITH CARE

It's surprisingly fragile: A dozen movers will have to keep the artwork in the same position during the move, because bronze is a soft metal that could collapse under its weight. "It's like moving glass," says Iain Hoadley, the AGO's general manager of logistics and art services.

4 A TON FOR EVERY HOUR

The move takes a while: If the weather is good and there aren't any complications the move should take about eight hours. That process is the result of six months of planning, the most complicated Toronto project of its kind since the Ai Weiwei installation in Nathan Phillips Square, says Hoadley.

5 WORTH A LOT OF MONEY

It's probably worth a lot: The AGO declined to share the insured value of the artwork, but another of Moore's sculpture — Reclining Figure— sold at auction for $44.6 million in June 2016.

HISTORY

Renowned artist not always beloved

David Hains
Metro | Toronto

Internationally-renowned English sculptor Henry Moore's work hasn't always been beloved in Toronto. When Moore's work The Archer was installed in Nathan Phillips Square in 1966, reporters referred to it as "Henry Moore's big bronze whatchamacallit," and alderman Fred Beavis exclaimed, "How much culture are we going to have pushed down our throats?" according to a Globe and Mail report.

The public largely didn't like the modern artwork either. Its unpopularity became one of the most significant election issues of that year, and the mayor, Phil Givens, believed it was a major reason why he was upset at the ballot box by William Dennison.

In spite of the opposition, Moore appreciated the city's placement of the work, and in 1974 gave art worth $30 million to the Art Gallery of Ontario (AGO), including Large Two Forms.

> **How much culture are we going to have pushed down our throats?**
> Fred Beavis, in a 1966 Globe and Mail report

ACTIVISM!

HOW TO MAKE YOUR VOICE HEARD THIS WEEKEND

Memorial Ride for Xavier Morgan: Hundreds of cyclists will take part in a slow and guided ride in remembrance of Xavier Morgan, the five-year-old boy who died last week after being hit by a car while cycling on the Martin Goodman Trail. The ride will start 10 a.m. Saturday from Matt Cohen Park. A memorial bike will be placed at the end of the ride, at the Canadian Legion on Lakeshore Blvd. W.

Louder Than A Bomb: The largest youth poetry festival in the world is taking place in Toronto, where 16 teams of the best slam poets will compete for a spot into the finals. Young spoken word artists use poetry to spread messages of peace, love, diversity and fight against violence. The festival takes place Saturday at Royal Cinema, starting at 6:30 p.m.

Lakeshore Cleanup: As concerns about high water levels continue to rise, the last thing Late Ontario needs is a dirty shoreline. A Greener Future founder Rochelle Archibald will be leading a group of volunteers to pick up trash in Toronto, part of 100 cleanups she organizes annually from Niagara-on-the-Lake to Kingston. This Saturday volunteers will be at Ashbridges Bay by 10 a.m., and will continue with Woodbine Beach at 1 p.m.

Keep Toronto Hate Free: Hundreds of peaceful protesters will gather at Nathan Phillips Square Saturday to share and spread messages of diversity and strength. Spearheaded by the Organizing Committee Against Islamophobia, the event will include speakers from Black, Indigenous, LGBTQ and religious communities. Speeches start at 10 a.m.

‘It’s going to have an impact’

REPORT

Laneway homes recommended to combat city’s housing crisis

May Warren
Metro | Toronto

Evergreen launched a pilot program in 2016 to create more of the detached units, or “granny suites,” usually found at the back of residential lots adjacent to alleyways. EDUARDO LIMA/METRO

Cut the red tape tangling up a solution to Toronto’s housing crisis.

That’s the message behind a new report on laneway homes by the groups Lanescape and Evergreen.

The tiny homes, sometimes called granny suites, are detached units usually found at the back of residential lots adjacent to alleyways.

They’re drastically underutilized because of the painful process to build them, said Craig Race, co-founder of Lanescape, a group of design and architecture professionals. They’re also only allowed on rare lots.

“Even if you have one of those lots, you need the time and money and expertise to go through a complex and slow approvals process where there’s absolutely no certainty on whether or not you’ll actually be allowed to do it,” he said.

The report recommends that people be permitted to build laneway suites as long as they comply with a set of basic rules — such as getting water, electricity and mail from the main home — and owners don’t try to sell them.

Coun. Ana Bailão said laneway rental units are one tool to fight Toronto’s housing crisis. Alongside Coun. Mary-Margaret McMahon, Bailão will put forth a motion at the Toronto East York Community Council asking staff to study the issue and report back in early 2018 with recommendations and a possible bylaw change.

“It’s not going to overflow the market with units but it’s going to have an impact,” Bailão said.

Toronto lags behind cities such as Vancouver and Ottawa who already allow the suites.

Jo Flatt, senior program manager at Evergreen, said the report tried to address some of the roadblocks put up by staff when they quashed the idea in 2006.

Although she’s happy to finally see some momentum, Flatt said the city needs to think more creatively about how to increase density to keep people from being priced out of neighbourhoods.

“Our dynamics of work, play and life are shifting,” she said.

“If we’re not going to be creative about how we think about rental … we’re not going to keep up with the pace of change.”

10,000

There’s an estimated 10,000 lots where laneway suites could work in the city, according to Craig Race, co-founder of Lanescape.

PARLIAMENT HILL

Tory talks T.O. issues in Ottawa

John Tory is bringing his beef with Queen’s Park to Parliament Hill.

The Toronto mayor was in the capital Thursday to try and project a common front with the federal government in his spat with Ontario over funding for priority transit projects and social housing. Tory wants Premier Kathleen Wynne and her Liberal government to match the billions expected from Ottawa as part of its multi-year infrastructure and housing investment push.

At issue Thursday, when Tory attended the Federation of Canadian Municipalities’ Big City Mayors meeting in Ottawa, was an effort to create a new finance-sharing scheme for major transit projects.

The idea that Tory supports would have the provinces and Ottawa each fund 40 per cent of a project’s cost, with the relevant city kicking in the remaining 20 per cent.

Tory also criticized the provincial government for a lack of funding toward social housing in Toronto. TORSTAR NEWS SERVICE

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What happens to Toronto's artifacts?

Some of the 19th century artifacts currently housed at Archaeological Services Inc. in Toronto. EDUARDO LIMA/METRO

HERITAGE

Expert says our city's history too often sent to the junkyard

Gilbert Ngabo
Metro | Toronto

Ronald Williamson hates to see Toronto throw its history into the junkyard.

He was shaken by the story of a local archeologist who had a collection of city artifacts sitting in his apartment. When he recently suffered a brain hemorrhage and died, the landlord sent them to a Michigan landfill.

"These are the stories of the creation of our land. So why aren't these stories being cared for?" asked Williamson, founder and senior archeologist at Archaeological Services Inc. "It's unfortunate that these artifacts are scattered all over the place, and many of them are not housed in good places."

He's trying to change that. This week city council's committee on planning and growth management will consider the creation of a city-owned repository of archeological collections.

Toronto has more than 300 registered private archeological sites, where more than two million artifacts are locked up in boxes. A public repository would bring them all under one roof — a facility spanning a minimum of 12,000 square feet, according to a city staff report — where they can be professionally managed.

Later in the fall, city staff will report back on a suitable storage and curation space for at least the next 20 years, as well as the financial implications of operating such a facility.

Williamson, whose firm has been working with the city on the project, said it's important to put these historic objects in a place where they are publicly accessible and properly cared for.

"Put yourself in the shoes of an Indigenous person or a descendant of an Irish immigrant, and you read in the paper that all Indigenous artifacts are housed by the archeologists and not in the public repository," he said. "What does that say about cultural heritage reconciliation?"

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Three deer were trapped in an abandoned parking lot Thursday at Kennedy and Eglinton. TORSTAR NEWS SERVICE

WILDLIFE

Family of deer has a dramatic 48 hours

A family of deer has spent a rough two days in an empty fenced-in lot behind a strip mall in Scarborough, where they were trapped after one was struck by a car and the other gave birth.

The ordeal began when police received a call for a collision at the intersection of Eglinton Avenue E. and Ionview Road, near Kennedy Road at around 1:40 p.m. Tuesday.

A male yearling, who was with a female adult deer — possibly his mother — had been struck by a car and suffered minor injuries.

The pair made their way to a nearby fenced-in yard, where someone locked the gate, trapping them inside so they wouldn't wander out into traffic again.

While they were trapped in the yard, the doe, who was pregnant, gave birth to a fawn in the parking lot.

Crowds gathered in hopes of catching a glimpse of the temporary visitors, but by late Thursday afternoon, the deer and the newest member of the family were hiding in the shadows to grab a few hours of sleep. The Toronto Wildlife Centre was planning to guide the family of deer to a nearby ravine overnight Thursday so that the animals wouldn't be spooked by noise or traffic.

Centre officials and volunteers plan to guide the deer by creating a path guarded by people to make sure the deer go where they should.

Using tranquilizers wasn't an option because of the complexity of the situation, said Nathalie Karvonen, executive director of the wildlife centre.

TORSTAR NEWS SERVICE

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'Historic' first for Pride flag

LGBTQ

Symbol flies at police HQ as controversy continues

For the first time in its history, a rainbow Pride flag is flying atop Toronto police headquarters — a move that comes at the launch of month-long celebrations characterized by controversy over police participation.

"As a proud member of the Toronto Police Service and as a gay woman, I am privileged to speak to you today at what is a historic moment," said Toronto police Supt. Barbara McLean, before the rainbow flag was raised on the rooftop of police headquarters at 40 College St.

The flag tells LGBTQ members "that we are welcome to bring our true selves to work," McLean said, and shows the public that times are changing at Toronto police and within the larger policing community.

"We've made much progress over the years, but there's a lot of work to be done and it's with your support that we will get better," said Deputy Chief James Ramer, who was speaking on behalf of Chief Mark Saunders, who is out of town.

The inaugural flag raising comes after high-profile controversy surrounding police participation in the Pride Parade, which will cap the festivities later this month.

Supt. Barbara McLean said the rainbow flag at police headquarters was a sign to LGBTQ members "that we are welcome to bring our true selves to work." ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

> **It's emotional for the community, it's emotional for our police officers.**
> Barbara McLean on the issue of police participation in Pride

Responding to demands made by members of Black Lives Matter Toronto concerning police participation, Pride organizers earlier this year stipulated that police uniforms, weapons and vehicles are not welcome in the parade, though officers themselves are not banned from the celebrations.

Asked why Pride Toronto was not invited to Thursday's flag raising, Toronto Police Const. Danielle Bottineau said the event was intended to be internal, and that she has been in ongoing conversations with Pride Toronto organizers.

"Not heavy in-depth ones — that's for the next 12 months — but we need to support Pride Toronto as best as we can to get them through this Pride season," said Bottineau, who is the Toronto police LGBT liaison officer.

Pride Toronto spokesperson Ryan Connelly said he would not be commenting Thursday.

Asked how she feels about not marching in the parade in uniform, McLean — who said she "could not have imagined" the Pride flag at police headquarters when she became an officer 28 years ago — acknowledged the issue was "emotional."

"It's emotional for the community, it's emotional for our police officers, and what it indicates to me is that ... there is much work to be done inside and outside of our organization, within the community and we are motivated to do that," McLean said. TORSTAR NEWS SERVICE

Toronto DIGEST

Veterinarian faces charges
A St. Catharines veterinarian, Dr. Mahavir Rekhi, is facing 16 counts of animal cruelty following an investigation by the Ontario SPCA and the Lincoln County Humane Society.

Support for Bloor bike lanes
Students and teachers from five local schools rallied on Thursday morning at the corner of Bloor and Christie streets to express their support for the Bloor Street bike lanes.

Dufferin St. second worst
Burlington Street East in Hamilton has won the dubious distinction of being voted Ontario's worst road for 2017, according to the Canadian Automobile Association. No. 2 went to Dufferin Street in Toronto.

Arrest in Hwy. 401 incidents
Everton Emmanuel James, 32, of Pickering, has been charged with three counts of mischief endangering lives after concrete cinderblocks were thrown from an overpass onto Highway 401 in three separate incidents. TORSTAR NEWS SERVICE

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Black excellence takes centre stage

EDUCATION

Event to bring together more than 150 grads

Gilbert Ngabo
Metro | Toronto

A different type of graduation ceremony will take place at the University of Toronto this June.

No degrees will be handed out, no special scholarships will be announced and certainly no celebrities will come to give commencement speeches.

But the inaugural Black Graduation Celebration holds real significance for Black students — still a slim minority on the post-secondary stage.

"We recognize that there's a huge disparity between Black people in the city and Black students obtaining university education and graduating," said Nasma Ahmed, one of the organizers of the event. "This is about celebrating those few who succeeded even when it seemed like the world was against them, and to inspire young generations in our communities."

> This is about celebrating those few who succeeded even when it seemed like the world was against them. Nasma Ahmed

Set to the backdrop of the University of Toronto's summer convocation, the event will bring together more than 150 Black students from three campuses who just completed their undergrad, master's or PhD.

The ceremonies will include awards celebrating Black excellence in science, liberal arts and community outreach.

Ahmed — set to graduate from the Public Policy and City Studies program — said it's still common to encounter systemic racism at universities. There's a lack of course content from Black writers and academics, she said, and a lack of Black staff in the faculty and administration.

"It's not to say these other people don't have the skills, but we'd like to have a more diverse representation," she said.

Canadian universities don't generally collect race-based data on their student population, but U of T recently committed to doing so in order to assess its level of inclusion.

That's something lawyer and alumnus Anthony Morgan — whose sister recently received the Black Legacy award at Harvard's own Black Commencement — believes would help "up the game" of diversity.

"Once you have a university that welcomes and cultivates Black excellence, it will have a positive impact on the society," he said.

Nasma Ahmed, left, and Jessica Kirk are among students helping organize the first ever Black Graduation Celebration at the University of Toronto. EDUARDO LIMA/METRO

Ex-nurse pleads guilty to 8 murders

CRIME

Wettlaufer now one of Canada's most prolific killers

She had become "overwhelmingly angry" about the direction of her career and life and said God was telling her to kill.

On Thursday, Woodstock nurse Elizabeth Wettlaufer pleaded guilty to murdering eight elderly patients at the three long-term care homes where she once worked. When Justice Bruce Thomas of Superior Court asked if she was admitting to fatally injecting her victims with insulin for no medical reason, she replied: "Yes, your honour."

Wettlaufer also pled guilty to attempting to kill four other people, and to two charges of aggravated assault.

Now one of the most prolific serial killers in Canadian history, she is facing what could be the harshest sentence ever doled out in this country.

Elizabeth Wettlaufer enters the courthouse in Woodstock, Ont. The former nurse pleaded guilty to eight counts of first-degree murder. CP

If Justice Bruce Thomas of the Superior Court accepts the sentencing recommendations jointly put forward Thursday by both the prosecution and defense, the 49-year-old would be sentenced to eight consecutive 25-year life sentences for first-degree murder and an additional 54 years for the other charges. She is due back in court on June 26.

Family members in the packed courtroom sobbed as Wettlaufer quietly responded "guilty" as the names of each of the victims were read aloud in court.

Some left in tears as details of the murders were aired throughout the day, first by an agreed statement of facts that took several hours for the prosecutor to read aloud and then through a two-and-a-half-hour videotaped confession with police.

The police investigation into Wettlaufer began last September after they became aware of information she had given to the Centre for Addiction and Mental Health in Toronto. After being released from CAMH, Wettlaufer agreed to speak with police and appeared before a judge.

She was diagnosed with adult anti-social behaviour, major depressive disorder and mild opioid/alcohol dependence, court heard. In the videotaped interview with detectives, she said that she used drugs to fuel her addiction, including from a safe where deceased patients' medication would be stored.

TORSTAR NEWS SERVICE

ECONOMY

Feds offer support to lumber industry

Natural Resources Minister Jim Carr is announcing $867 million in financial supports to help lumber producers and employees weather the impact of punishing new U.S. tariffs on Canadian softwood exports.

The package includes loans and loan guarantees to help cushion the blow for forestry companies and to help them exploring new markets and innovations.

The help includes $260 million to help diversify the market base for Canadian lumber products, allow the Indigenous forestry sector to explore new initiatives and extend work-sharing agreement limits to minimize layoffs.

The money also includes measures to support workers who want to upgrade their skills and transition to a different industry.

Cabinet discussed the options for a package last month, but the federal government wanted more input from the provinces via the special working group Carr established in February.

THE CANADIAN PRESS

唯心宗

The Yi Jing Association of Canada is a non-profit organization established on September 9th, 2009. Our ultimate goal, as an organization, is to help everyone to achieve a harmonious life and make a collective difference for world peace. We welcome and encourage everyone to join our **FREE** English class every Wednesday because learning Yi Jing and Feng Shui can effectively change our life.

Please email yijingcanada@gmail.com or call **Tony Song (647) 972-9866** or **Celine Yang 647-964-7768** if interested. ***We look forward to hearing from you!***

Yi Jing is the root of human civilization. It is ubiquitous, comprehensive, and universal. By learning and applying knowledge about Yi Jing, we will come to know the best course of action that leads to a smooth future. Yi Jing offers insight into the development and conclusions in disciplines such as astronomy and social life.

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Vacation is calling

IN BRIEF

Afghanistan in mourning

Afghans mourned the loss of family members, friends and colleagues a day after a massive truck bomb exploded in Kabul, killing at least 90 people and wounding more than 450.

Kabul's acting mayor said the explosion was so strong that it damaged property as far as four kilometres from the blast site. THE ASSOCIATED PRESS

PHILIPPINES

Terror ties doubted in shooting

A masked gunman stormed a hotel-casino complex in the Philippine capital early Friday, shooting up a TV screen, torching gambling tables and stuffing a backpack with casino chips before fleeing, authorities said.

A guard was shot during the melee but survived, and more than 70 others suffered mostly minor injuries in a stampede to get away from the gunman, who was wielding an assault rifle.

The attack sent hundreds fleeing into the night and produced an immediate claim of terrorism from an Islamic State-affiliated operative, according to U.S. terror monitors.

But within three hours of the violence at the complex near Manila's airport, police stressed that they uncovered no ties to terror and suggested the motive could have been robbery.

"He would have shot all the people gambling there" if it had been terrorism, said the national police chief, Gen. Ronald dela Rosa. "But he did not hurt anyone."

The security guard shot was the worst injured by the gunman and about 75 others suffered mostly minor injuries such as bruising as they stampeded to get out, said police officer Jeffrey Francisco.

The violence unfolded as Muslim militants aligned with the Islamic State group fended off government forces for a 10th day in the southern city of Marawi. THE ASSOCIATED PRESS

Donald Trump said the U.S. is ready to begin negotiations on another deal. GETTY IMAGES

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U.S. pulls out of Paris deal

ENVIRONMENT

Decision is a blow to global efforts to stem climate change

U.S. President Donald Trump has announced his intention to withdraw the United States from the historic Paris agreement on fighting climate change, dealing a blow to the international effort to address a problem he calls a hoax and isolating the U.S. from almost the entire world.

Trump added that he would attempt to negotiate a climate deal on different terms, though he did not say what kinds of changes would satisfy him.

The absence of the U.S. may make other countries, developed and developing, feel less compelled to meet their own commitments under the accord.

"In order to fulfil my solemn duty to protect America and its citizens, the United States will withdraw from the Paris climate accord, but begin negotiations to re-enter either the Paris accord or a really entirely new transaction on terms that are fair to the United States," Trump said in a speech in the White House Rose Garden on Thursday afternoon. "So we're getting out, but we will start to negotiate."

The withdrawal of the world's biggest economy and second-biggest emitter of carbon dioxide could have far-reaching consequences for the climate and for international affairs. Trump's decision, which triggered a global chorus of condemnation, increases the chances that the world will experience the most catastrophic consequences of sharply rising temperatures, such as deadly droughts and heat waves, severe coastal flooding and mass migration.

It was unclear what Trump would seek to renegotiate. The national emissions reduction targets central to the deal are voluntary; Trump, in other words, could essentially have negotiated with himself, making the U.S. target less ambitious while remaining in the agreement.

But he framed the deal as a kind of global conspiracy to take advantage of the U.S., imposing few burdens on other top polluters while hampering American firms with supposed restrictions he did not specify. He called it "very unfair, at the highest level, to the United States."

He aimed his rhetoric at the heartland voters unhappy about the decline of traditional manufacturing, saying the deal would keep factories from closing.

"I was elected to represent the citizens of Pittsburgh, not Paris," he said.

That memorable line drew a response from Pittsburgh's Democratic mayor, Bill Peduto.

"As the Mayor of Pittsburgh, I can assure you that we will follow the guidelines of the Paris Agreement for our people, our economy and future," he said.

At the very least, Trump's decision signals a major shift in the U.S. approach to international relations. Using the kind of nationalist language favoured by his chief strategist, Steve Bannon, he called it a "reassertion of American sovereignty." His critics in both parties described it as evidence of a retreat from America's traditional position of global leadership.

TORSTAR NEWS SERVICE

DETAILS

The withdrawal makes the U.S. the third country to put themselves outside of the pact. The other two are Syria, which is embroiled in a civil war, and Nicaragua, which believes the deal was not stringent enough.

How fast is the Bell network in Toronto?

It's not just part of the fastest ranked network in Canada[1], it's also faster than the networks in Sydney, London, Madrid, Seoul, Budapest, Rome, Hong Kong, Singapore, New York, Los Angeles, Amsterdam, Stockholm, Paris, Copenhagen...[2]

bell.ca/network

Bell living in Canada just got better

(1) As ranked by PC Mag. Reprinted from www.pcmag.com with permission. © 2016 Ziff Davis, LLC. All Rights Reserved. (2) City comparison speeds based on Ookla's analysis of Speedtest Intelligence data from January 1 to March 31, 2017.

metro SCIENCE

Your essential science news

Ancient DNA has been recovered from 3,400-year-old Egyptian mummies

DECODED by Genna Buck and Andrés Plana

HOW WHALES GOT SO HUGE

They're the biggest animals to have ever lived on Earth, as far as we know. And a new study says baleen whales — the group of gargantuan filter-feeders that includes bowheads, fin whales, and the biggest of all, blue whales — all became enormous rather quickly, about 4.5 million years ago. Why? Scientists suspect it has to do with their diet.

BIG FACTS

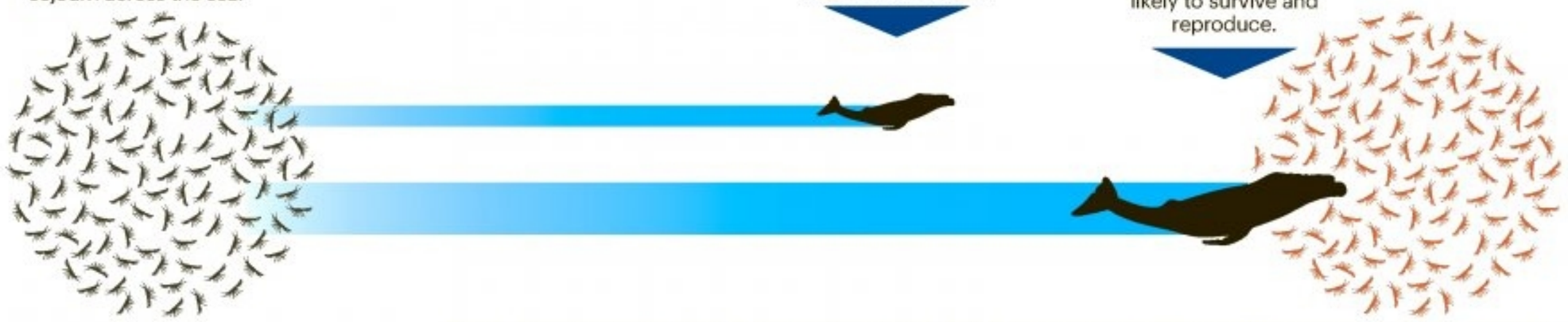
Blue whales can engulf **110 tons** of water and half a million calories' worth of krill in a single gulp

When a blue whale exhales, the spray from its blowhole can shoot **nine metres** in the air

Blue whales grow up to **30 metres** long and can weigh **136,000 kg**, maybe more.

THE FIGHT FOR FOOD

Whales evolved to enormous sizes just as ice sheets formed over much of the northern hemisphere. Nutrient-rich glacier runoff attracted clouds of plankton and krill: whale chow. But these buffets appeared at different times in different parts of the world, requiring whales to sojourn across the sea.



SOURCE: INDEPENDENT EVOLUTION OF BALEEN WHALE GIGANTISM LINKED TO PLIO-PLEISTOCENE OCEAN DYNAMICS, JOURNAL OF THE ROYAL SOCIETY B.

CITIZEN SCIENTIST by Genna Buck

The raw milk debate isn't about milk at all

For decades, raw milk has been inaccessible in Canada except to those with a cow handy. Commercial milk must be pasteurized to kill germs. Before this was routine, milk-borne outbreaks — typhoid, polio, listeria — felled thousands, primarily children.

Personally, the word "listeria" puts me off. But others, like farmer-activists Michael Schmidt and his wife Elisa Vander Hout, feel differently. They love raw milk.

They're currently embroiled in a court case in Newmarket, Ont., arguing their raw dairy co-op does not constitute an unauthorized "milk plant" in the province.

I don't know enough about the legal stuff to comment. But I don't think that's what this is actually about. It's about trusting experts.

People who reject science and put themselves at unnecessary risk generally drive me nuts. But I tried to step back and look at this objectively.

I spoke with Vander Hout, and she half-convinced me. If adults who understand the risks want to drink raw milk, and precautions are taken, is it more dangerous than steak tartare or raw eggs?

I asked three experts. Doug Goff, a food science professor at the University of Guelph, said milk from many cows and farms is typically pooled, increasing the potential for contamination exponentially. His colleague, professor Jeff Farber, said milk is a staple food we're exposed to much more than treats like steak tartare. Mansel Griffiths, who edited a dairy science journal, said four per cent of Ontario milk contains dangerous germs, pre-pasteurization, and milk-borne diseases pass from person to person, so milk can seed outbreaks that extend beyond direct consumers. It's far more practical and safe to pasteurize and be done with it.

Raw milk has benefits: It's reportedly delicious, ferments beautifully, and is associated with reduced allergies among children who live on dairy farms. But the immense risks far outweigh them. On that, I trust the experts.

Science Question?
citizenscientist@metronews.ca

FINDINGS
Your week in science

TURTLE REVOLUTION
A teeny-tiny Ontario town has totally tamed its tally of tortured turtles. Back in 2003, 10,000 creatures, including rare Blanding's turtles, met their deaths every year on the 3.6-km highway connecting the peninsula hamlet of Long Point on Lake Erie to the mainland. But the community rallied for change, erecting fences, flashing signs and under-highway turtle tunnels. Careful scientific monitoring has shown an 89 per cent reduction in turtle mortality.

SOUND SMART

PLANKTON

DEFINITION
Plankton are a diverse group of species that live totally suspended in large bodies of water, unable to swim against a current.

USE IT IN A SENTENCE
I ate so much over the long weekend, pies were as defenceless as **plankton** against the current of my appetite.

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by Jason Logan

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Gal of wonder

Gadot discovers power in superhero's iconic costume

Despite wielding the golden lasso and deflecting bullets with her bracelets on the big screen for more than a year, Wonder Woman star Gal Gadot still doesn't see herself as a superhero.

"I'm not there yet," the 32-year-old actress said in a recent interview. "When I look on playback or I look at the monitor, it's not there yet. I know it's me. I understand everything, but I still don't get that I'm doing this iconic character ... It's crazy."

Gadot didn't grow up with Wonder Woman and wasn't a big superhero fan as a child. A former Miss Israel, she started her acting career there before making her American movie debut in 2009's Fast & Furious.

But she dug into stacks of comic books and the 1970s Wonder Woman TV show once she was cast as the Amazon princess, and quickly realized what an exceptional character she'd be playing.

"On the one hand, she owns something that is usually owned by men, which is the strength and the power" Gadot said. "But she brings the feminine qualities with her, which are love and warmth and compassion. And if you bond those two worlds together, then you get a very special, beautiful, whole character."

Director Patty Jenkins said Gadot embodies some of Wonder Woman's best attributes in real life.

"She has such inner strength, such an iron temperament, that she could work through anything and always keep an upbeat attitude," Jenkins said of the actress. "She's a pretty amazing person."

For Gadot, wearing Wonder Woman's classic red-and-blue costume helped her feel like a superhero — especially once the outfit was retooled after she made her debut as the character in last year's cinematic showdown between Batman and Superman.

"The first time I tried the costume was for Batman v Superman and it was tight and it was different," she said. "This time around we did a lot of adjustments because I had to wear it for six months, six days a week, every week so I had to feel really comfortable in it and be able to perform and move and fight."

The actress was empowered by an additional six months of pre-production training that included horseback riding, swordplay and dramatic fight choreography. And even if she can't quite see herself as Wonder Woman — a Lynda Carter for the next generation — wearing the costume brings her the closest.

"It always gives me a little bit of oomph, I would say," Gadot said with a superhero smile. "Like now I'm stronger." THE ASSOCIATED PRESS

My friends wondered what I was doing differently...

I LOST 65 POUNDS WITH ZUCCARIN DIET

"My name is Josephine and I live in Toronto. I work as a nutritional planner for hospital patients. All my life I have struggled with my weight but over the last year I have finally figured it out. I am down 65 pounds now and feeling better than ever. My friends and my aqua fitness instructor keep asking me what I am up to and how I lost so much weight.

I READ ABOUT ZUCCARIN

A few years back I was told my blood sugar was too high. I was tired, craving sugar and not losing weight, so the diagnosis didn't come as a surprise. My doctor wanted to start me on medications, but I wanted to try a natural option first.

I read about a woman in Florida who had regulated her blood sugar levels naturally and while doing that lost a big amount of weight. She had been using a mulberry leaf supplement called Zuccarin.

MY WEIGHT LOSS SUCCESS

When I started using Zuccarin I first noticed that my blood sugar dropped to normal levels within days. It was great to see that result from a natural health product.

After a while I noticed how much better I felt and how my sugar cravings were fading. As a nice side effect, I was gradually losing weight, and noticing how my waist was shrinking. I was thrilled!

Now it has been over a year, and I have lost 65 pounds in total. Zuccarin has been a huge help in reducing my sugar cravings and weight. Now, when anyone asks me how I did it, I am the first to tell them about Zuccarin. I strongly recommend it to anyone who has blood sugar or weight issues, as I had."

Josephine T., Toronto, ON

* For references, please visit our website

THE SLIMMING EFFECT OF STABLE BLOOD SUGAR LEVELS

A recent Italian study of Zuccarin showed the impressive weight loss results of blocking carbohydrates. Zuccarin produced an average weight loss of **20 pounds in 90 days**. The diet group lost 10% of their weight and 3 times more fat than the people in the control group.*

TEST YOURSELF
HOW DO YOU FEEL?

- ○ I have a lack of energy
- ○ I store fat on my belly
- ○ I have difficulty losing weight
- ○ I have sugar cravings
- ○ I urinate often when drinking liquids

There are some clues that your blood sugar levels are elevated and moderately higher than normal. Try Zuccarin to help maintain healthy blood sugar level.

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Soren shows he's still a kid at heart

INTERVIEW

Canadian director brings potty humour to latest flick

Richard Crouse
For Metro Canada

David Soren calls Captain Underpants: The First Epic Movie, his adaptation of Dav Pilkey's best-selling books for kids, subversive.

The animated film is the story of rambunctious fourth graders George Beard and Harold Hutchins (voiced by Kevin Hart and Thomas Middleditch). Best friends, they write, illustrate and sell homemade comics about their favourite character, Captain Underpants. "Most superheroes look like they're flying around in their underwear," they giggle. "This guy actually does." They are also pranksters so often in trouble there are two chairs outside the principal's office labelled, "Reserved for George" and "Reserved for Harold."

Soren says that wild temperament "is one of the things that made the books successful and controversial at the same time. I've never personally understood the controversy, specifically in the case of the books. There is a rebellious spirit to those characters. They are not little angels and I think that is part of why kids love reading them."

George and Harold's principal, Mr. Krupp (voiced by Ed Helms), is a grumpy old man who hates comics, Christmas and kittens among other things, and has a plan to put an end to the pranks and annihilate their friendship.

"They've got a terrible principal," Soren continues, "who is doing horrible things to their school, cancelling music and arts and putting an electronic door opening in his office instead. (It's good to) stand up to that kind of authority, it deserves to be questioned.

Ed Helms lends his voice to two characters, including the titled hero, in Captain Underpants. DREAMWORKS ANIMATION

MOVIE RATINGS by Richard Crouse

Wonder Woman	★★★★
Captain Underpants	★★★
Drone	★★
#AnAmericanDream	★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

"These days it is not a bad thing for kids in general to have their own voice and stand up for themselves and have rights. I always saw that as a really inspiring part of those books and a key to their success.

"I think of my son now. He's in fourth grade and in the earlier grades there was a lot more creativity, a lot more play in the education and suddenly it gets a lot more regimented. It gets more like school and it is sort of frustrating to watch how that can be beaten out of kids. You want to protect that aspect of creativity."

The Toronto-born, Hamilton-raised animator has worked in Los Angeles for 20 years, working on films like The Road to El Dorado, Chicken Run and Shrek, and writing and directing Turbo, the story of a snail who dreams of racing in the Indianapolis 500. It's a resumé that suggests he's hung onto his childlike creativity.

"I think it is something I never lost. You need a little bit of that nonconformist attitude when you are an artist, and making movies in general. Especially when you're trying to get a point of view across. Movies are best when they have a point of view and if they get too watered down or become too generic they cease to have an identity anymore."

There's no question Captain Underpants: The First Epic Movie has an identity. How many other movies feature a talking toilet or a musical Whoopee Cushion symphony?

"Obviously you can't make a Captain Underpants movie without potty humour," he says. "But we did hold ourselves to a very high standard. We would not go there unless it was truly very funny."

When I compliment Soren on giving a character the wonderfully silly name Diarrheastein, he's chuffed. "I will take that as a great compliment," he laughs.

TAKE OFF, EH!

SCTV alums team up for charity fundraiser

Break out the beer and tuques: Bob and Doug McKenzie are reuniting in the name of charity.

Rick Moranis and Dave Thomas are reviving their portrayals of the dim-witted hosers of SCTV fame for a star-studded comedy fundraiser at The Second City in Toronto on July 18.

"Take Off, Eh!" will also feature Dan Aykroyd, SCTV alums Martin Short, Catherine O'Hara, Eugene Levy and Joe Flaherty, as well as The Kids in the Hall stars Dave Foley, Scott Thompson and Kevin McDonald.

The benefit is being held in support of Thomas's nephew, Jake, who was left paralyzed from the waist down after snowmobiling injury in January. THE CANADIAN PRESS

Rick Moranis and Dave Thomas. THE CANADIAN PRESS

MOVIE LISTINGS

DOWNTOWN

Carlton, 20 Carlton St.

Alien: Covenant Fri-Thu 1:20-3:55-6:40-9:20 **Baywatch** Fri-Thu 1:30-4-6:45-9:25 **Captain Underpants: The First Epic Movie** Fri-Thu 1:45-4-6:40-9 **City of Tiny Lights** Fri-Thu 1:40-6:50 **The Commune** Fri-Thu 4:10-9:30 **Drone** Fri-Thu 1:35-4:15-7-9:10 **The Founders** Fri-Thu 4:20-9:30 **King Arthur: Legend of the Sword** Fri-Thu 3:55-9 **The Lost City of Z** Fri-Thu 1:15-6:30 **Population Zero** Fri-Thu 1:30-6:45 **Snatched** Fri-Thu 1:30-3:45-6:55-9:10 **Their Finest** Fri-Tue 1:20-6:30 Wed 1:20 Thu 1:20-6:30 **Werewolf** Fri-Thu 4-9:05

Scotiabank Theatre, 259 Richmond

Alien: Covenant Fri 1:10-2-4:10-5-7:10-8-10:10-11 Sat 1:10-1:50-4:10-5-7:10-8-10:10-11 Sun-Thu 1:15-2-4:15-4:50-7:15-7:45-10:15-10:40 **Baywatch** Fri-Sat 1:20-2:15-4:20-5-7:20-8:10-10:20-11:05 Sun 1:20-2:10-4:10-4:55-7-7:40-9:50-10:25 Mon 1:20-2:10-4:10-4:55-7-7:40-10:25-10:40 Tue-Thu 1:20-2:10-4:10-4:55-7-7:40-9:50-10:25 **Bon Cop Bad Cop 2** Fri 1:50-4:55-8-10:55 Sat 11:30-5:30-8:20-11:05 Sun 2:05-4:55-7:45-10:35 Mon 2:40-10:30 Tue 1:45-4:40-7:40-10:35 Wed 2:40-9:45 Thu 1:45-4:40-7:40-10:35 **The Fate of the Furious** Fri 1:45-4:45-7:50-11 Sat 4:45-7:50-11 Mon 1:15-4:15-10:20 Tue-Wed 1:35-4:35-7:40-10:45 Thu 4:40-7:40-10:45 **Guardians of the Galaxy Vol. 2** Fri 12:50-3:50-7-10:20 Sat 12:40-3:40-6:50-10:10 Sun 12:45-3:45-6:55-10:05 Mon 12:45-3:45-7:15-10:05 Tue-Thu 12:45-3:45-6:55-10:05; 3D Fri-Sat 1:45-4:50-8-11:10 Sun 2-5-8-11 Mon-Thu 1:45-4:45-7:45-10:45 **King Arthur: Legend of the Sword** Fri-Thu 1:25-4:25-7:25-10:25 **The Lost City of Z** Fri 12:40-3:50-7-10:10 Sat 12:30-3:40-6:50-10 Sun 1-4:10-7:20-10:30 Mon 10:30 Tue-Thu 1-4:10-7:20-10:30 **Wonder Woman** Fri 12:30-3:30-6:50-10:15 Sat 12:20-3:30-6:50-10:15 Sun 11-3:15-6:35-10 Mon 3-6:45-10 Tue-Thu 3:15-6:35-10; 3D Fri 2:30-6-9:20 Sat 11:30-2:45-6-9:20 Sun 12-3:15-6:30-9:50 Mon-Wed 2:30-5:45-9:05 Thu 1:45-5:50-9:05 Fri-Sat 1:30-4:45-8-11:15 Sun 10:15-1:15-4:25-7:40-11 Mon-Thu 1:15-4:25-7:40-11; IMAX 3D Fri-Sat 1-4:15-7:30-10:45 Sun-Thu 12:45-4-7:15-10:30

Market Square, 80 Front St.

Alien: Covenant Fri-Thu 1-3:45-6:30-9:15 **Baywatch** Fri-Thu 1:05-3:40-6:35-9:10 **Captain Underpants: The First Epic Movie** Fri-Thu 12:55-3:30-6:40-9 **Guardians of the Galaxy Vol. 2** Fri-Thu 1:15-4:10-7:05-10 **Pirates of the Caribbean: Dead Men Tell No Tales** Fri-Sat 1-4-7-9:45 Sun-Mon 4-9:45 Tue 1-4-7-9:45 Wed 4-9:45 Thu 1-4-7-9:45 Sun-Mon 1-7 Wed 1-7 **Wonder Woman** Fri-Thu 1:10-4:05-7-9:55

Varsity, 55 Bloor St. W.

Alone in Berlin Fri 12:55-3:35-6:45-9:25 Sat-Sun 10:30-12:55-3:35-6:45-9:25 Mon-Tue 12:55-3:35-6:45-9:25 Wed-Thu 12:55-3:35-9:25 **Guardians of the Galaxy Vol. 2** Fri-Thu 3:40 Fri-Sun 1:30-4:30-7:30-10:30 Mon 1:30-4:30-7:30-10:20 Tue 1:30-4:30-7:30-10:30 Wed-Thu 1:30-4:30-7:30-10:20; 3D Fri-Thu 12:30-7-10:15 **I, Daniel Blake** Fri 12:15-2:45-5:10-7:40-10:10 Sat-Sun 10:35-12:15-2:45-5:10-7:40-10:10 Mon-Thu 12:15-2:45-5:10-7:40-10:10 **The Lovers** Fri 1:20-3:55-6:40-9:20 Sat-Sun 10:45-1:20-3:55-6:40-9:20 Mon-Thu 1:20-3:55-6:40-9:20 **Maudie** Fri 12:45-3:30-6:10-9 Sat-Sun 10:40-12:45-3:30-6:10-9 Mon-Thu 12:45-3:30-6:10-9 **Paris Can Wait** Fri 12:40-2:55-5:15-7:35-9:55 Sat-Sun 10:30-12:40-2:55-5:15-7:35-9:55 Mon-Tue 12:40-2:55-5:15-7:35-9:55 Wed-Thu 12:25-2:35-4:45-6:20-9:55 Fri-Thu 12:15-3-6-9 **Pirates of the Caribbean: Dead Men Tell No Tales** Fri-Sun 4 Mon-Thu 4; 3D Fri-Sun 12:50-7:10-10:20 Mon-Thu 12:30-3:30-6:30-9:30 Fri-Sun 12:30-3:30-6:30-9:30 Mon-Thu 12:50-7:10-10:20 **Wonder Woman** Fri-Thu 12:30-3:45-7-10:15; 3D Fri-Thu 1-4-7-10

Yonge & Dundas, 10 Dundas St. 29 Plus 1

Fri-Thu 1:30-7:20 **Alien: Covenant** Fri-Sun 12-2:50-5:45-8:50 Mon 12-3:30-7-10:15 Tue 12-2:50-5:45-8:50 Wed 12-3:30-7-10:15 Thu 12-3:30 **Battle of Memories** Fri-Thu 9:55 **Baywatch** Fri-Sun 1-4:30-8:10-11:30 Mon 1-4:30-7:50-10:45 Tue 2-5-8:10-11:30 Wed-Thu 1-4:30-7:50-10:45 **Beautiful Accident** Fri-Thu 12:45-3:45-6:40-9:25 **Beauty and the Beast** Fri-Thu 3:50-9:50; 3D Fri-Thu 12:40-6:50 **The Belko Experiment** Fri 9:30 Sat 7:15 Sun 9:30 Tue 9:45 Thu 9:30 **The Boss Baby** Fri-Thu 1-3:30; 3D Fri-Tue 6 **Captain Underpants: The First Epic Movie** Fri-Thu 12:30-2:55-5:25; 3D Fri-Thu 7:55-10:25 **The Circle** Fri-Tue 8:30 Wed 8:55 **Diary of a Wimpy Kid: The Long Haul** Fri-Thu 12:05-2:30-5-7:30 **DiDi's Dreams** Fri-Tue 11:55-2:25-5:05-7:45-10:25 Wed 11:55-2:10-4:30-7:10-10:25 Thu 11:55-2:25-5:05-7:45-10:25 **Everything, Everything** Fri-Thu 11:45-2:25-5:10-7:40-10:20 **Get Out** Fri-Sun 12:10-3-6-8:50-11:25 Mon 12:10-3-6-8:50 Tue 12:10-3-6-8:50-11:25 Wed 12:10-3-10:05 Thu 12:10-3-6-8:50 **God of War** Fri-Thu 1:05-4:05-7:05-10:05 **Hindi Medium** Fri-Tue 12:20-3:30-6:40-9:50 Wed 12:20-3:30-9:50 Thu 12:20-3:30 **Megan Leavey** Thu 7:10-10:05 **The Mummy** Thu 7-10:15; IMAX 7:30-10:30 **Pirates of the Caribbean: Dead Men Tell No Tales** Fri-Sun 11:30-2:30-5:30-8:30-11:30 Mon 12-3-6-9 Tue 11:30-2:30-5:30-8:30-11:30 Wed 12-3-6-9 Thu 4:40-7:35-10:35; IMAX 3D Fri-Sun 7:30-10:35 Mon-Tue 7:30-10:35 Wed 10:35; IMAX Fri-Sun 1:20-4:25 Mon-Tue 1:20-4:25 Wed 12:20-3:25 Thu 1:20-4:25; 3D Fri-Sun 12:50-3:55-7-10:05 Mon 11:30-2:30-6-9:15 Tue 11:30-2:30-6:10-9:40 Wed 6 Thu 11:50-3-6-9:15 Fri-Sun 11:30-2:30-6:10-9:40 Wed 11:30-2:30-6-9:15 Mon-Thu 12:50-3:55-7-10:05 **Sachin: A Billion Dreams** Fri-Thu 12-3:15-6:30-9:40 **Snatched** Fri-Tue 12:10-2:55-5:40-8:20-10:50 Wed 12:10-2:30-4:50-7:25-10:50 Thu 5:40-8:20-10:50 **What a Wonderful Family!** Fri-Thu 4:20-10:15 **Wonder Woman** Fri-Sun 11:50-6:50 Mon 11:50-6:30 Tue 11:50-6:50 Wed 11:50-6:30 Thu 11:30-6:30-9:45; 3D Fri-Sun 12:30-3:20-4-7:30-10:20-11 Mon 12:30-3-4-7:30-9:45-11 Tue 12:30-3:20-4-7:30-10:20-11 Wed 12:30-3-4-7:30-9:45-11 Thu 12:30-2:45-4-7:30-11 Fri-Sun 11-2:05-5:10-8:20-11:30 Mon-Thu 1:25-4:35-7:45-11 **Your Name** Fri 1-7 Sat 4:45-9:30 Sun 4:30-7 Mon 1:30 Tue 4:30 Thu 2-7

MIDTOWN

Yonge-Eglinton Centre

Alien: Covenant Fri-Sat 2-5-7:50-10:35 Sun 1:30-4:30-7:40-10:25 Mon 12:35-3:25-6:50-10:50 Tue 1:30-4:30-7:25-10:20 Wed 12:45-5:15-7:55-10:35 Thu 1:30-4:30-7:25-10:20 **Baywatch** Fri-Sat 2:20-5:10-8-10:40 Sun 12-2:40-5:20-7:55-10:30 Mon-Thu 12:55-4-6:55-9:45 Fri 1:25-4:10-6:55-9:45 Sat 11:10-1:50-4:30-7:10-9:55 Sun 1:25-4:10-6:55-9:45 Mon-Thu 1:50-4:40-7:50-10:30 **Captain Underpants: The First Epic Movie** Fri-Sat 12:40-3-5:20 Sun 12:15-2:40-4:55 Mon-Tue 12:40-3-5:20 Wed 3-5:20 Thu 12:40-3-5:20 Sat 11:40; 3D Fri-Sat 7:40-10 Sun 7:20-9:40 Mon-Thu 7:40-10 **Guardians of the Galaxy Vol. 2** Fri 4 Sat 3:55 Sun-Thu 4; 3D Fri 12:50-7:10-10:20 Sat 12:40-7:10-10:20 Sun-Thu 12:50-7:10-10:20 **King Arthur: Legend of the Sword** Fri 3:55 Sat 3:35 Sun-Wed 3:55; 3D Fri 12:45-6:50-9:50 Sat 6:45-9:50 Sun 12:45-6:50-9:50 Mon 12:45-9:50 Tue 12:45-6:50-9:50 Wed-Thu 6:50-9:50 **The Mummy** Thu 7-10 **Pirates of the Caribbean: Dead Men Tell No Tales F**ri 4:05 Sat 4:45 Sun 4:05 Mon 3:45 Tue 3:15 Wed 3:50 Thu 3:45 Fri-Sat 4 Sun 3:40 Mon-Wed 4:05 Thu 3:30-6:30-9:30; 3D Fri 1:05-7:20-10:25 Sat 12:20-7:45-10:45 Sun 1:05-7:20-10:25 Mon 7-10:15 Tue 6:30-9:40 Wed 7-10:15 Thu 12:45-7:20-10:25 Fri 7:30-11 Sat 12:45-7:30-11 Sun 12:20-7-10:15 Mon-Wed 1:05-7:20-10:25 **Wonder Woman** Fri 12:30-3:45-7-10:15 Sat 12:15-3:30-6:50-10:10 Sun 12-3:15-6:45-10 Mon-Tue 12:30-3:40-6:45-10 Wed 3:40-6:45-10 Thu 12:30-3:40-6:45-10 Fri 4:30-8-11:30 Sat 1:15-4:30-8-11:30 Sun 12-3:10-6:30-9:45 Mon 3:15-6:30-9:45 Tue 4:15-7:45-11:15 Wed 3:20-6:30-9:45 Thu 4; 3D Fri 3:30-7-10:30 Sat 12:15-3:30-7-10:30 Sun 12:45-4-7:30-10:45 Mon 4:15-7:30-10:45 Tue 3:30-7-10:30 Wed 4:15-7:30-10:45 Thu 3:15-7:30-10:45 Fri-Sat 1-4:15-7:30-10:45 Sun 12:45-4-7:15-10:30 Mon-Thu 1-4:10-7:15-10:30

NORTH YORK

Empress Walk, 5095 Yonge St.

Alien: Covenant Fri 1:35-4:30-7:35-10:30 Sat 1:25-4:30-7:35-10:30 Sun 1:20-4:15-7:20-10:15 Mon 4:10-7-10:05 Tue 4:20-7:20-10:20 Wed-Thu 4:10-7-10:05 **Baywatch** Fri 1:25-4:10-7:05-9:55 Sat 1:15-4:10-6:55-9:45 Sun 1:10-3:55-6:40-9:35 Mon 4:40-7:30-10:15 Tue 4:40-7:30-10:20 Wed-Thu 4:40-7:30-10:15 **Captain Underpants: The First Epic Movie** Fri 12:15-2:40-5:05 Sat 11:50-3:45-4:40 Sun 12-2:25-4:50 Mon 3:30-7:35-9:55 Tue 3:50 Wed 4:45 Thu 4:50; 3D Fri 7:45-10:05 Sat 6:20-9:10 Sun 7:30-9:50 Tue 7:35-9:50 Wed 7:35-9:55 Thu 7:20-9:55 **Everything, Everything** Fri 12:55-6:35 Sat 12:55-6:30 Sun 12:40-6:20 Mon-Wed 7:40 Thu 7:45 **Guardians of the Galaxy Vol. 2** Fri 3:50 Sat 3:10 Sun 3:35 Mon 3:40 Tue 3:30 Wed-Thu 3:40; 3D Fri 12:35-6:55-10:10 Sat 12:30-7:05-10:20 Sun 12:20-6:50-10 Mon 6:50-10 Tue 6:45-10 Wed-Thu 6:50-10 **King Arthur: Legend of the Sword** Fri 3:25-9:30 Sat 3:20-9:20 Sun 3:10-9:25 Mon 4:30-10:10 Tue 4:45-10:05 Wed-Thu 4:30-10:10 **The Mummy** Thu 7:40-10:20 **Paris Can Wait** Fri 12:25-2:50-5:10-7:50-10:15 Sat 12:20-2:50-5:10-7:45-10:05 Sun 12:10-2:35-4:55-7:35-10:05 Mon 3:50-6:35-9:40 Tue 4:30-6:50-9:20 Wed-Thu 3:50-6:35-9:40 **Pirates of the Caribbean: Dead Men Tell No Tales** Fri-Sat 4:20 Sun 4:05 Mon 4:20 Tue 4 Wed 4:20 Thu 3:30; 3D Fri 1:15-7:25-10:25 Sat 1:05-7:25-10:25 Sun 1-7:10-10:10 Mon 7:20-10:20 Tue 7:10-10:10 Wed 7:20-10:20 Thu 7:10-10:20 **The Wedding Plan** Fri 1:05-3:40-6:30-9:20 Sat 6:35-9:30 Sun 12:50-3:25-6:20-9:15 Mon 4:45 Tue 3:30-6:35-9:30 Wed 3:30-6:30-9:30 Thu 6:30-9:30 **Wonder Woman** Fri-Sat 3:30 Sun 3:15 Mon 3:30 Tue 4:10 Wed-Thu 3:30; 3D Fri 12:15-6:45-10 Sat 12:10-6:45-10 Sun 12-6:30-9:45 Mon 6:40-9:50 Tue 6:30-9:40 Wed-Thu 6:40-9:50; IMAX 3D Fri-Sat 12:45-4-7:15-10:30 Sun 12:30-3:45-7-10:15 Mon 4-7:10-10:20 Tue 3:40-7-10:15 Wed 4-7:10-10:20 Thu 4

SilverCity Yorkdale 6 3401 Dufferin St.

Alien: Covenant Fri-Sat 1:15-4-7:10-10:20 Sun-Thu 1:10-4:10-7:10-10 **Baywatch** Fri-Sat 2:10-5-7:50-10:40 Sun 1:40-4:40-7:40-10:25 Mon-Thu 1:40-4:40-7:40-10:25 **Captain Underpants: The First Epic Movie** Fri-Sun 12-2:20-4:50 Mon-Thu 1:50-4:50; 3D Fri-Thu 7:20-9:40 **Diary of a Wimpy Kid: The Long Haul** Fri 2-4:20 Sat 11:30-2-4:20 Sun-Thu 1-3:20 **Everything, Everything** Fri-Sat 1:45-4:40-8-10:30 Sun 1:30-4:30-7:50-10:15 Mon-Thu 1:30-4:30-7:50-10:20 **Guardians of the Galaxy Vol. 2** Fri-Thu 3:50; 3D Fri-Sat 12:45-7-10:10 Sun 12:30-7-10:10 Mon-Thu 12:35-7-10:10 **King Arthur: Legend of the Sword** Fri-Sat 6:50-10 Sun-Wed 6:30-9:30 **The Mummy** Thu 7:30-10:15 **Pirates of the Caribbean: Dead Men Tell No Tales** Fri-Sun 3:40-9:50 Mon-Wed 3:40-9:50 Thu 4:20-10:30; 3D Fri-Sat 12:30-6:40 Sun 12:20-6:50 Mon-Wed 1:20-4:20-7:30-10:30 Thu 1:20-6:50-7:30-9:50 Fri-Sat 1:30-4:30-7:40-10:45 Sun 1:20-4:20-7:30-10:30 Mon-Wed 12:25-6:50 Thu 12:25-3:40 **Wonder Woman** Fri-Thu 3:30; 3D Fri-Sat 12:15-6:45-10 Sun 12:10-6:40-9:55 Mon-Thu 12:15-6:40-9:55 Fri-Sat 1-4:15-7:30-10:45 Sun-Wed 12:45-4-7:15-10:30 Thu 12:45-4 Thu 7:15-10:30

Silvercity Fairview 1800 Sheppard Ave.

Alien: Covenant Fri-Sat 2:05-5-7:45-10:45 Sun 5-7:45-10:45 Mon 1:35-5-7:45-10:45 Tue 2:05-5-7:45-10:45 Wed 1:20-4:10-7-10:45 Thu 1:35-5-7:45-10:45 **Baywatch** Fri-Sun 2:10-5-8-10:45 Mon 1:30-5-8-10:45 Tue 2:10-5-8-10:45 Wed 5-8-10:45 Thu 1:30-5-8-10:45 **Captain Underpants: The First Epic Movie** Fri 12:50-3-5:20 Sat 11:25-12:50-3-5:20 Sun 12:50-3-5:20 Mon 1:20-4:05 Tue 12:50-3-5:20 Wed 4:05 Thu 1:20-4:05; 3D Fri-Sun 7:40-9:55 Mon 7:40 Tue-Thu 7:40-9:55 Mon 9:55 **Diary of a Wimpy Kid: The Long Haul** Fri 1:20 Sat 11-1:20 Sun-Thu 1:20 **Guardians of the Galaxy Vol. 2** Fri-Thu 4:20; 3D Fri-Thu 1:10-7:35-10:45 **King Arthur: Legend of the Sword** Fri-Thu 3:50; 3D Fri-Tue 6:50-9:50 Wed 9:50 **The Mummy** Thu 7:30-10:15 **Pirates of the Caribbean: Dead Men Tell No Tales** Fri-Sun 3:45-10:45 Mon-Wed 3:45-10:45 Thu 3:45-10:40; 3D Fri-Sun 12:55-1:50-4:55-7-7:50-10 Mon 1:30-4:55-7-7:50-10 Tue 12:55-1:50-4:55-7-7:50-10 Wed 1:30-4:55-7-7:50-10 Thu 1:20-4:15-7-7:45-10 **Wonder Woman** Fri 3:30-6:45-10 Sat 11-12:15-3:30-6:45-10 Sun 2:45-6-9:15 Mon-Thu 3:30-6:45-10; 3D Fri-Sat 12:45-4-7:15-10:30 Sun 12:30-3:45-7-10:15 Mon 1:10-4:15-7:25-10:30 Tue 12:30-3:45-7-10:15 Wed-Thu 1:10-4:15-7:25-10:30

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Go beyond bagels in Montreal

FOOD & DRINK

Renowned restaurateurs, plus local lunch delights

Renée S. Suen
travel@metronews.ca

Back in 2006, the now-defunct Gourmet magazine published an issue devoted to the culinary prowess of Montreal. Moved by a desire to devour every suggestion, I ate my way through the city, guided by my Post-it flags.

From Toqué! to Joe Beef and Au Pied de Cochon, my first foray into Montreal's unique and enviable dining scene was an introduction to its luminaries: Normand Laprise, Martin Picard, David McMillan and Fred Morin. Built on Québécois recipes, traditional haute cuisine and locally grown ingredients, these chef-restaurateurs are responsible for the experiences that continue to define Canadian cuisine.

Ask anyone for Montreal recommendations and I guarantee most will be food-related. The must-tries are endless: smoked meat, raw-milk cheeses, brewpubs or Montreal-style bagels.

I discovered the link between those flavours and the 120 cultural communities who settled along Boulevard St.-Laurent on Fitz & Follwell's Flavours of The Main walking tour. A trove of knowledge, guide Louis Trudel deciphers everything encountered on the Destination Canada-recognized Signature Experience.

We focus on the north end, navigating through historical and significant landmarks, and taste examples of Montreal's rich immigrant heritage.

In Little Portugal, I learn the boulevard served as a physical divider between language, ethnicity and class as I bite through the flaky crust of Boulangerie Séraphin's pasteis de natas (Portuguese custard tarts).

"English-speakers populated the west; French-speakers stayed in the east," explains Trudel, "and immigrant communities, like the Chinese, Eastern European, Italian and Portuguese, was the bridge between them."

In old-world Mile End, we stop at Fairmount Bagel for a sesame bagel, and watch the staff churn out the iconic honey-water-boiled then wood-oven-baked numbers.

Before the next stop, I get a hushed warning: "There's always mustard and it's never cut. The only option you get is if you want cheese."

Gotcha. Intimidation quickly melts away as we belly up to the linoleum counter at Wilensky's Light Lunch. It's like we've stepped into 1932, save for the updated prices. I take a cue from the regulars and order the special: an all-beef bologna and salami sandwich. It's incredible. An umami bomb tucked within griddle-pressed cornmeal-dusted crusty golden layers of happiness.

The humble sandwich draws my attention from the homemade cherry cola and surrounding tchotchkes.

Long-time regular Morti Braustein, pictured with third-generation owner Sharon Wilensky, can remember when the **Wilensky Special** was only 17 cents, in 1952. RENÉE S. SUEN/FOR METRO

The venison dish at **L'Atelier de Joël Robuchon** is a celebration of everything Québécois. RENÉE S. SUEN/FOR METRO

On the other end of the budget and culinary spectrum, juxtaposing this backdrop of culture and history, there's Casino de Montreal's controversial new L'Atelier de Joël Robuchon.

While critics credit the world's most decorated chef for his merit, Robuchon's residency has many Montreal-based restaurateurs wagging their fingers of discontent specifically at the rumoured $11 million spent on the project and the perception that government assistance was given to building a French import, and not into nurturing the local scene.

The opening volley of house-made breads uses Québec-sourced wheat and cheeses. Buttery fist-sized sea scallops from the Magdalen Islands are simply seared and topped with ginger and chives. Free-range Cerf de Boileau venison is a marvel of supple rare flesh snuggled close to seared Marieville foie gras, and punctuated by tart Notre-Dame-de-Lourdes cranberries.

Montreal isn't simply bagels and smoked meats, it boasts a sophisticated food scene. Here, an international headliner won't distract hungry diners from delicious local gems — Toqué!, Joe Beef or Wilensky's. Nor does it aspire to. Instead, L'Atelier's ability to fit in confirms that Montreal's established scene can welcome a highly respected culinary brand, and hold its own.

The world takes notice.

TORSTAR NEWS SERVICE

WALK IT OFF

Fitz & Follwell's Flavours of The Main is divided into Segment 1 (Chinatown, former Red Light district, Jewish Quarter, and Little Portugal) and North City (Mile End and Little Italy, ending at Jean-Talon Market). Each three-hour tour can accommodate up to 12 people. The cost is $65 for adults, which includes food and drink samples, a bottle of water, and public transportation.

Renée S. Suen was hosted by Tourisme Montreal, Loto-Québec and the Casino de Montreal, which didn't review or approve this story.

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5 ATTRACTIONS TO CHECK OUT IN AMSTERDAM

Heading to The Netherlands' beautiful capital? There's never been a better time to visit the Venice of the North. A growing population, with Millennials making up the largest group of newcomers, is forcing this already progressive city to face its future today. Travel by bike or canal to these five (new) attractions. TORSTAR NEWS SERVICE

1 De Beurspassage

De Beurspassage is a covered passageway that connects Damrak Avenue and Nieuwendijk Street in Amsterdam's main shopping district. The passageway received a spectacular makeover in late 2016. Highlights include beautiful wall mosaics, stained-glass tiles and wall-mounted ornaments. Artists Arno Coenen and Iris Roskam wanted the passageway to reflect Amsterdam's unique characteristics, and our favourite features are the ornate chandeliers — look closely and you'll notice they're made out of bike parts. **Details:** beurspassageamsterdam.nl/information-en

2 Over the Edge

Over the Edge is Europe's highest swing, and it's part of A'dam Lookout, a new rooftop observation platform in Amsterdam-Noord. Strap into the two-person seat and you'll fly over the city, 100 metres above the ground. Getting there is half the fun, because access is via a high-speed elevator that shoots up 20 floors in 22 seconds. Afterwards, check out the skydeck for breathtaking city views. **Details:** adamlookout.com

ALL PHOTOS CONTRIBUTED

3 The Hotel Pulitzer

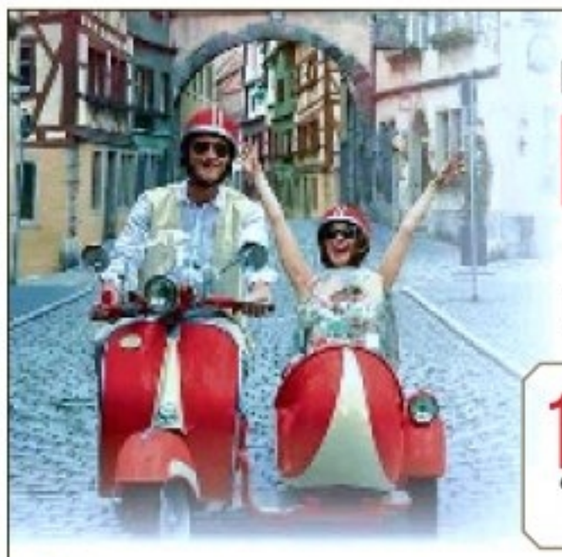
This beautiful hotel, which recently reopened after a huge refurbishment, is made up of 25 historic canal houses, spanning 400 years of history. Covered glass walkways weave through the beautiful gardens and connect the various buildings, which are filled with nods to their past. For example, beautiful displays of glass bottles are a reminder that the entrance to the restaurant had once been a pharmacy. We recommend the orangery-like Pause for afternoon tea. **Details:** pulitzeramsterdam.com

4 The Lobby Fizeaustraat

Amsterdam is an easy city to explore and growing numbers of visitors are heading to its lesser-known neighbourhoods. The Lobby Fizeaustraat can be found on the ground floor of the Hotel V Fizeaustraat, in a quiet, green corner of trendy Amsterdam-Oost. It's fine dining without the price tag (expect to pay around $40 Canadian for a two-course meal) and features lots of quirky touches, like tree-filled glass cubicles for guests who need to make private calls. **Details:** thelobbyfizeaustraat.nl/en/index.html

5 De Pindakaaswinkel

Peanut-butter aficionado Michiel Vos founded the recently opened De Pindakaaswinkel (The Peanut Butter Shop). Step inside the store, on Czaar Peterstraat, and you'll find a plethora of varieties, including raisin, coconut, white chocolate, and sea salt caramel. Vos' products can be purchased online, but are currently only shipped across Europe. He plans to host regular tasting events and it's possible to buy peanut butter-themed merchandise. **Details:** facebook.com/depindakaaswinkel



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TRAVEL NOTES SWEET SAND, HOT DANCE

Best beach in the U.S. is no snooze

Florida's Siesta Beach has been named America's best beach on an annual top 10 list compiled by coastal science professor Stephen Leatherman, also known as Dr. Beach.

The Florida International University professor ranks best public beaches using criteria sand and water quality, environmental management and amenities.

Siesta Beach's fine, white sand, placid water and clean facilities led to it taking the top spot.

Rounding out the top five were Kapalua Bay Beach in Maui, Hawaii; Ocracoke Beach on North Carolina's Outer Banks; Grayton Beach State Park on the Florida Panhandle; and Coopers Beach in Southampton, N.Y. THE ASSOCIATED PRESS

Flamenco fete's 30th bash hits New Mexico

Dancers from across the U.S. and Spain will converge in New Mexico for the 30th anniversary of a preeminent international flamenco festival.

The gathering organized by the world-renowned National Institute of Flamenco will be held June 10 through 17 in Albuquerque.

Flamenco is a form of Spanish dance and folk music that developed from Romani music and dance more than two centuries ago.

Festival Flamenco Internacional De Alburquerque will feature well-known flamenco dancers, along with workshops, history lectures and events for children. THE ASSOCIATED PRESS

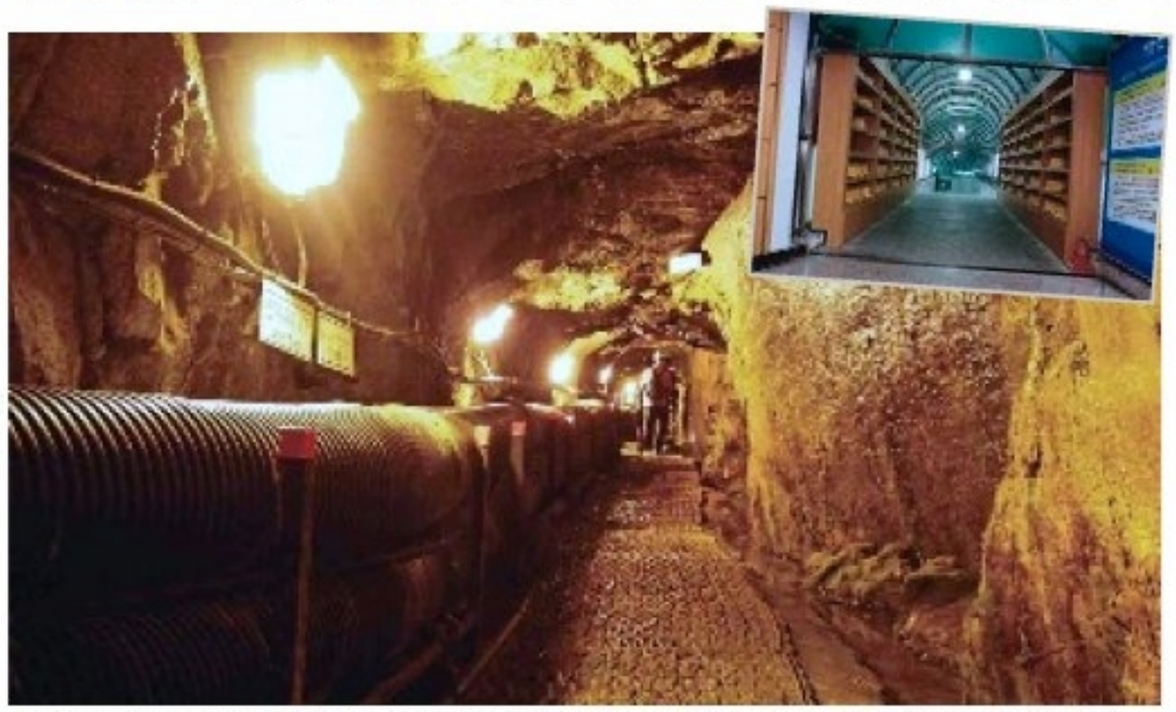
ALL PHOTOS THE ASSOCIATED PRESS

South sends love north

SOUTH & NORTH KOREA

Demilitarized zone has mines, propaganda and hope

David Bateman
travel@metronews.ca



An image taken by touring company Cosmojin inside the **Third Tunnel of Aggression**, a military facility where visitors can't take photos. Inset: the tunnel's entrance. COURTESY COSMOJIN

A muscle-bound soldier inspects my passport, sternly eyeing my clean-shaven face. I've been warned not to look scruffy for Cosmojin's tour of the demilitarized zone (DMZ) separating North and South Korea. Unkempt tourists are targets for North Korean propaganda posters. I'd rather avoid the infamy.

First stop, the Third Tunnel of Aggression, one of four discovered infiltration tunnels dug by the authoritarian north since the armistice was signed in 1953. A distant loudspeaker blasts North Korean propaganda. CCTV cameras watch us shuffle down the dingy, cramped tunnel. We can't take photos. It's a military facility. There's barbed wire everywhere. On short notice, tours can be cancelled for safety reasons.

In 1976, North Korean DMZ troops hacked two American officers to death with an axe. The north regularly threatens nuclear attack on the U.S., and periodically encourages and orchestrates terrorist attacks against their fellow Koreans to the south.

Facing aggressive propaganda wailing from loudspeakers, and the somewhat more concerning underlying threat of nuclear obliteration, South Korea does not get angry. South Korea delivers the most humiliating derision of North Korea I can fathom. It plays Lionel Richie.

"I can see it in your eyes. I can see it in your smile. You're all I've ever wanted and my arms are open wide cause you know just what to say, and you know just what to do, and I want to tell you so much..."

I love you, South Korea.

The tour guide, SP Hong, treats grim reality with similar levity. Leaving the tunnel, he points to a Christian cross atop a hill and says, dryly: "Love thy neighbour. Do not bomb thy neighbour."

He mocks his own country's propaganda in a "welcome to the DMZ" video that claims, in the same sentence, the "DMZ will live forever" and Korea will one day unify again. "How can it do both?" he asks, gleeful.

A glint in his eyes, Hong jests the tunnels are a "special hand-made gift from North Korea to South Korean tourism."

We go to the second stop, the Dora Observatory. Land mines, indicated by red triangles bearing a skull and crossbones, are scattered next to the road. The observatory looks toward a fake, empty "propaganda" village in North Korea, created to tempt defectors from the South.

Two enormous flagpoles rise from either side of the demarcation line. South Korea erected a 100-metre pole in the 1980s. In retaliation, North Korea erected one of the world's largest flagpoles, around 160 metres.

According to our guide, the Third Tunnel of Aggression symbolizes the past relationship of North and South Korea. The observatory symbolizes the present. We're now going to the symbol of the future, the empty Dorasan train station.

South Koreans enthusiastically embrace any opportunity for symbolism. In Seoul, at the War Memorial of Korea, there is a statue featuring two clocks. One is eternally set to the time of Korea's division, the other will start ticking when reunification takes place.

An optimistic sign at Dorasan train station points toward Pyongyang, North Korea's capital. A billboard declares "Not the last station from the South. But the first station toward the North."

South Korea is Lionel Richie, yearning for the North, asking "is it me you're looking for" but our guide Hong is a realist. For decades, he's heard the North is verging on collapse and nothing has changed. He no longer believes unification is going to be easy like a Sunday morning. TORSTAR NEWS SERVICE

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metro SPORTS

The Mets say the person caught flipping the bird to a fan in the Mr. Met costume Wednesday was an understudy and has been taken off mascot duty

Reds roll with injuries

MLS

Strains and bruises merely bumps in the road for TFC

Toronto FC will take aim at a franchise record on Saturday with yet another rejigged starting lineup.

But Toronto's enviable depth has been a theme in its splendid eight-game unbeaten streak, and coach Greg Vanney is confident any lineup he fields is more than capable of getting the job done.

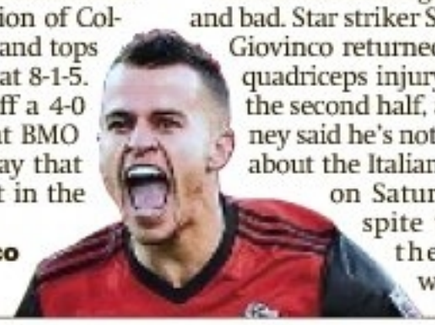
Toronto will set a club unbeaten record with a win or draw against the New England Revolution at Gillette Stadium on Saturday. And while they'll be missing captain Michael Bradley and striker Jozy Altidore, who are away with the U.S. national team, and forward Tosaint Ricketts, who's sidelined with a hamstring injury, Vanney isn't particularly worried.

"Everybody is hungry," Vanney said Thursday. "Every time I tell somebody they're not going to be in the 18, or not start, it's a battle because they all want to play. It will be no different on the weekend. Everybody wants their shot and it will be about choosing a group that fits together nicely."

Toronto matched its club record eight-game unbeaten streak with a 5-0 demolition of Columbus last Friday, and tops the MLS standings at 8-1-5. They're coming off a 4-0 win over Ottawa at BMO Field on Wednesday that clinched their spot in the Canadian championship final.

> **Everybody individually has got to prove their worth on the field because the next guy is right there waiting for your spot.**
> Greg Vanney

The win came with good news and bad. Star striker Sebastian Giovinco returned from a quadriceps injury to play the second half, and Vanney said he's not worried about the Italian playing on Saturday, despite the fact the game will be on body-pounding artificial turf.



Sebastian Giovinco
THE CANADIAN PRESS

Vanney said Giovinco was feeling good Thursday morning, the day after his first appearance since May 13.

Saturday's game in Foxborough, Mass., will end a busy stretch that saw TFC play eight games in May. They'll have two weeks off before hosting D.C. United on June 17.

Vanney said his players are keen to cap this stretch with a victory.

"You don't want to finish this whole series of games on a sour note," Vanney said. "You want to have a positive feeling when you go into a bit of a longer break. But I think everybody is focused, they want to continue the run and everybody individually has got to prove their worth on the field because the next guy is right there waiting for your spot."

THE CANADIAN PRESS

IN BRIEF

Ronaldo cruises into final
Cristiano Ronaldo has saved his best for last.

Ronaldo enters the Champions League final with 14 goals in his last nine matches, for his best run of the season heading into Saturday's clash with Juventus on Saturday in Cardiff, Wales.
THE ASSOCIATED PRES

Dufner has day for the birds
Jason Dufner putted for birdie on every hole until the last one and shared the lead at 7-under 65 with David Lingmerth at the Memorial in Dublin, Ohio.

Jordan Spieth wasted no time getting into the mix. One week after he finished a shot behind at Colonial, Spieth closed with a flourish of birdies at Muirfield Village and was among those at 66.
THE ASSOCIATED PRESS

Bouchard leave Paris in pain
Eugenie Bouchard was eliminated from the French Open on Thursday following a 6-3, 6-0 loss to 17th-seed Anastasija Sevastova.

The player from Westmount, Que., clearly struggled, committing 22 unforced errors and failing to save break point on seven of nine chances.
THE ASSOCIATED PRESS

Buchanan first Canadian to win Champions League
Kadeisha Buchanan made soccer history Thursday, becoming the first Canadian to hoist the Champions League trophy as Lyon defeated Paris Saint-Germain 7-6. THE CANADIAN PRESS

Kadeisha Buchanan
GETTY IMAGES

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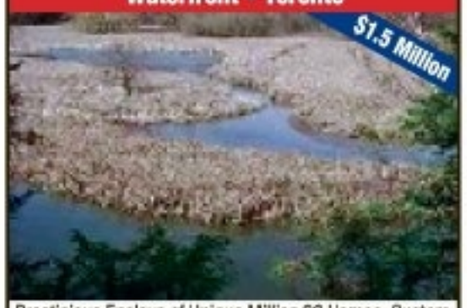

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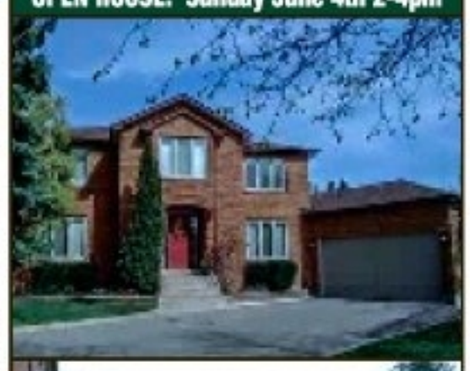

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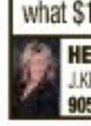

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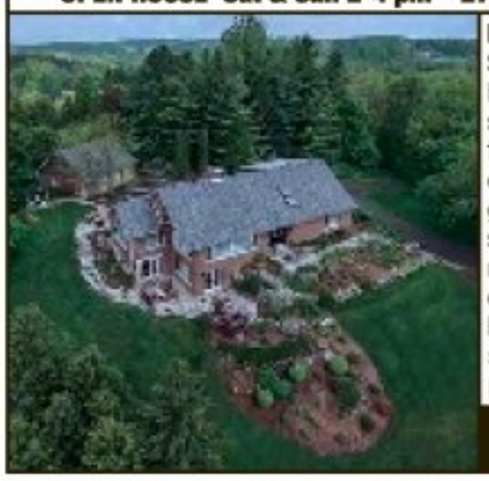

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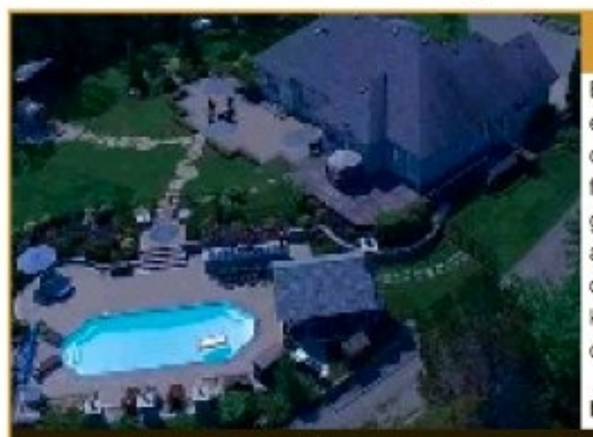

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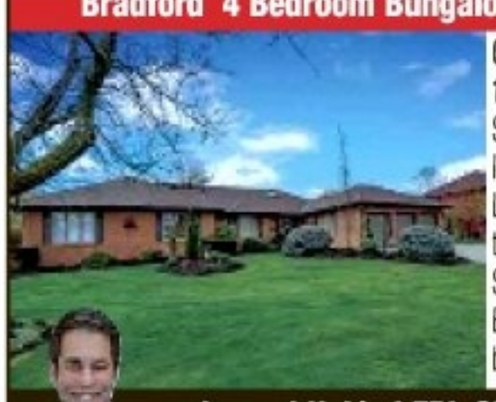

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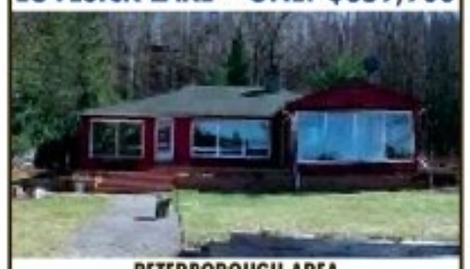

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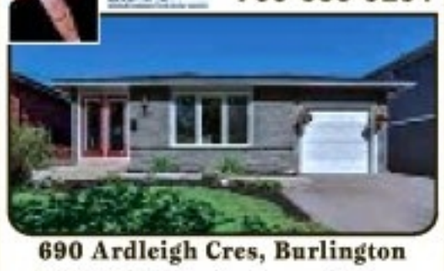

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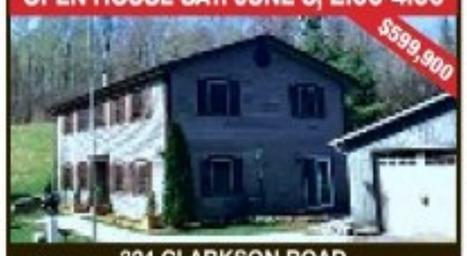

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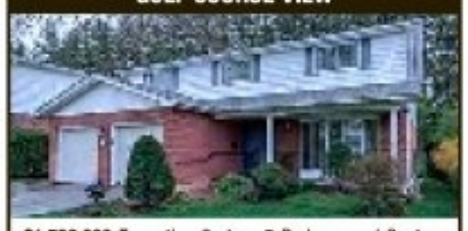

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20 Jerome St., Circa 1900

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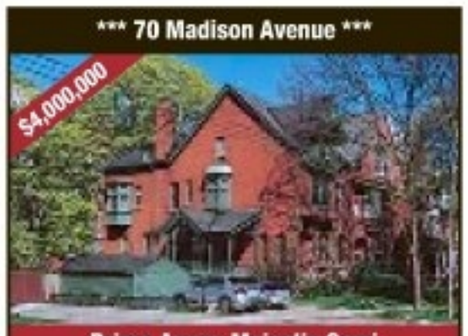
*** 70 Madison Avenue ***



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MAKE IT TONIGHT

Not-too-sweet Blueberry Lemon Corn Cake

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This not-too-sweet cake is sure to become a summer staple on your table. It's the perfect foil for fresh berries, whipped cream or even a scoop of ice cream.

Ready in 1 hour
Prep time: 15 minutes
Cook time: 45 minutes
Serves 8

Ingredients
- 2 cups spelt flour
- 1 cup corn meal
- 1/2 cup sugar
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- pinch of allspice
- 1/2 cup coconut oil, melted
- 1 cup Greek-style yogurt
- 2 eggs
- 2 Tbsp maple syrup
- 1/4 cup lemon curd
- 2 tsp vanilla extract
- juice and zest of 1/2 a lemon
- 1 1/2 cups blueberries

Directions
1. Preheat oven to 350. Grease a 9-inch round springform pan with cooking spray.
2. In a large mixing bowl, whisk flour, corn meal, sugar, baking powder, soda, salt and allspice until combined.
3. In a separate bowl, mix coconut oil and yogurt. Whisk in the eggs one at a time and then stir in the maple syrup, lemon curd, extract, as well as lemon juice and zest; mix until smooth.
4. Add the wet ingredients to the dry and stir until just combined. Don't over mix. Fold in the blueberries.
5. Pour batter into prepared springform pan and bake in the oven for 40 to 45 minutes, or until toothpick inserted into the centre comes out clean. Remove cake form oven and allow to cool in the pan for about 10 minutes. Gently remove cake from pan and place on a wire rack to completely cool. Serve cake with additional berries and yogurt.

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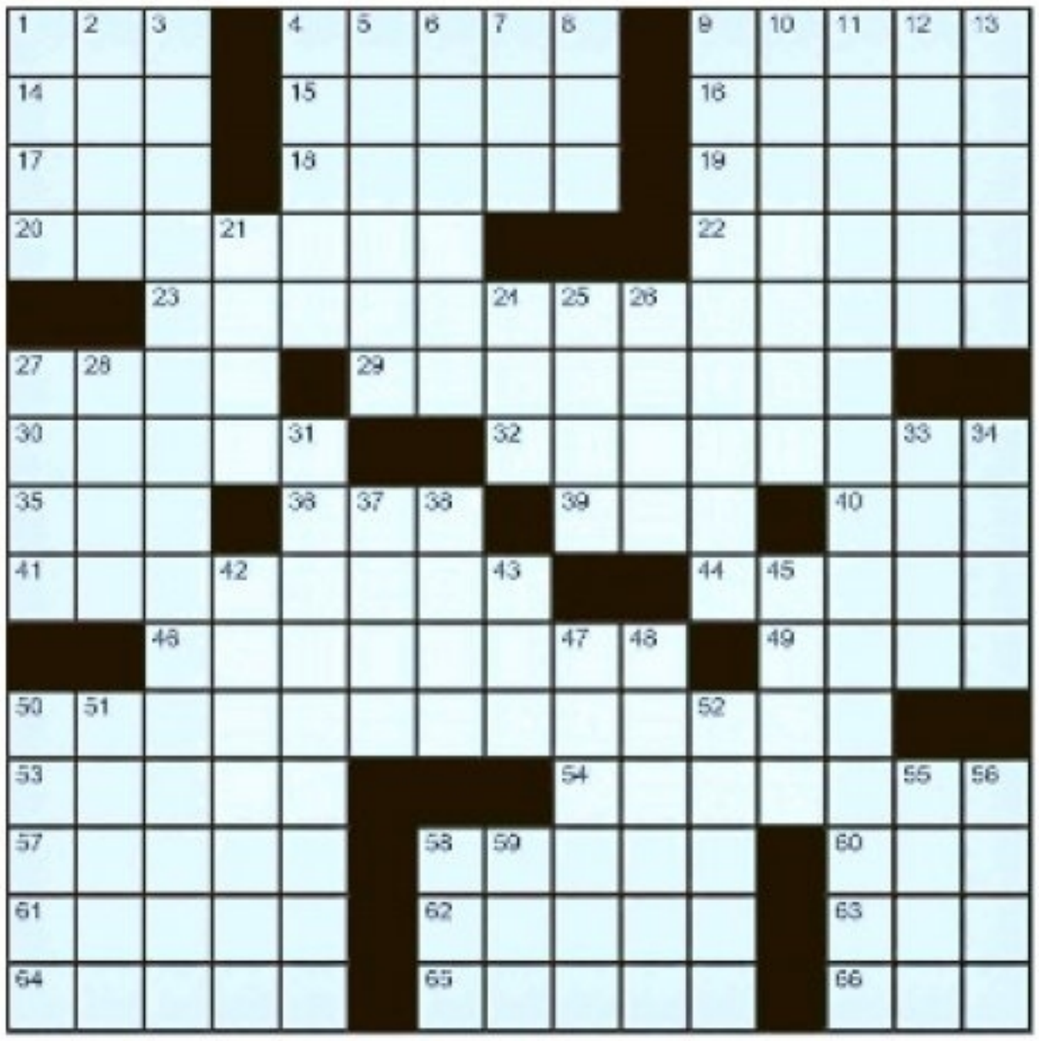
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Terrestrial stage newt
4. "Straight Up" singer Paula
9. Paul Bettany's role in "The Da Vinci Code" (2006)
14. River inlet
15. Brother, in Boucherville
16. _-_-a-customer
17. Request
18. Ain't, archaically
19. Living as pet store birds
20. Sucken treasure thriller starring Jacqueline Bisset and Nick Nolte: 2 wds.
22. INXS' "_ _ a Message"
23. Simcoe is located in this region of Ontario by Lake Erie known as 'Canada's Asparagus Capital' because it's the biggest producer of the springtime veggie in the nation: 2 wds.
27. Australian gemstone
29. Sarcophagus shutter: 2 wds.
30. "I'm a _" by The Beatles
32. Greek Myth: Creature slain by Theseus
35. Euro peak
36. 'Enthusi' ender (Aficionado)
39. Label
40. Egg mass
41. "The _ _ Is the Deepest" by Rod Stewart
44. Egoist's enthusiastic extolment!: 2 wds.
46. Superman-spotter's shout section...: 3 wds.
49. Opportunity
50. British-born novelist of Canadian literary classic Roughing It in the Bush: 2 wds.
53. Love, in Italy
54. Twister
57. Sounds off
58. DWTS judge Carrie Ann
60. Bandmate to Mick
61. Modern English's "_ _ With You"
62. Recurring theme
63. Attempt
64. Kings
65. Sugary
66. Jazz combo instrument

DOWN
1. QED's 'E'
2. Cod or Trout
3. Thrown into the brig: 3 wds.
4. Later on
5. Provides with particulars
6. Tyrant
7. John Keats vase
8. Sanction
9. Course studies in it might cover inequalities and institutions
10. Way to dress for board meetings: 3 wds.
11. "Something To Live For" by Barney Bentall and The _ _
12. Pitching _ _ (Camper's task)
13. Grass roll's characteristic
21. Bananas brand
24. Herbert of 'Pink Panther' flicks
25. Mend
26. Pro wrestler, John _
27. Patron saint of Norway
28. _ Sci (College major, commonly)
31. Cluttery conditions, colloquially: 2 wds.
33. Man, in Milan
34. "_ Petite" by Jackie Wilson
37. Skim
38. Band's big brass
42. Shake up
43. Mr. Robbins
45. 'Z' _ _ Zeballos
47. Revolve
48. The _ Brothers (Rock band)
50. Draped garments
51. Savoury fifth taste
52. Beginning blueprint
55. "_ the Explorer"
56. Cameo component
58. AOL exchanges
59. Immediately

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a challenging day at work. You feel it in the morning, and you feel it in the afternoon as well. Bummer. Yes, happy hour beckons strongly!

Taurus April 21 - May 21
Be patient with kids today, because there will be challenges. Likewise, this is a rocky day for romance. Patience is your best ally to help you keep a lid on things.

Gemini May 22 - June 21
Do your best to keep the peace at home and with family members today because someone will be cranky. This mood starts in the morning and continues into the afternoon. Not good.

Cancer June 22 - July 23
You might be short-tempered in the morning, which in turn makes dealings with someone older a bit strained. Someone might even criticize you. Hang in there.

Leo July 24 - Aug. 23
For some reason, this is not a happy money day for you. You might quarrel about finances or a possession in the morning. In the afternoon, you feel broke or squeezed. Good luck.

Virgo Aug. 24 - Sept. 23
Today the Moon is in your sign; however, you likely will be at odds with a parent or boss in the morning. Best to zip thy lip. In the afternoon, an older family member might be on your case. Oh well.

Libra Sept. 24 - Oct. 23
Avoid controversial subjects today, especially about politics, religion and racial issues. They will only create arguments and resentment. 'Nuff said

Scorpio Oct. 24 - Nov. 22
Be patient with a female friend or acquaintance today so to avoid an argument. Do not fall into worry mode or critical thinking this afternoon.

Sagittarius Nov. 23 - Dec. 21
A squabble with someone in a position of authority might occur this morning. Don't let this get you down in the afternoon. It's important for Sagittarians to be optimistic.

Capricorn Dec. 22 - Jan. 20
Steer clear of controversial subjects today. Likewise, don't argue about travel plans. Nevertheless, criticism from others might be a downer.

Aquarius Jan. 21 - Feb. 19
Avoid arguments about inheritances and shared property today, because they will simply be a waste of time. Postpone decisions for tomorrow, which is a great day!

Pisces
Feb. 20 - March 20
Be accommodating with others today, because the Moon is opposite your sign. Avoid family arguments in the morning. Avoid discussions with bosses in the afternoon. (Yikes!)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9				5	4	7		
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		8				9	5	1
	1				5			6
4	8			6			2	7
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		9		2	7			
		2	5	1				9

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4	3	7	8	6	2	5	1	9
6	1	2	7	5	9	8	4	3
9	2	1	6	3	5	7	8	4
3	8	4	1	9	7	6	5	2
5	7	6	2	8	4	3	9	1
1	9	8	3	7	6	4	2	5
2	6	3	5	4	1	9	7	8
7	4	5	9	2	8	1	3	6

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